

# DYNOCLIMB

CLIMB · ADVENTURE · FITNESS

## YOUTH CLIMBING HANDBOOK

**At Dyno Climb, we strive to coach independent, responsible, and respectful youth climbers.**

**Our goal is to create better athletes socially, mentally, and physically. We believe that the most effective way to bring out the best in young athletes is to promote an encouraging and positive environment of self-empowerment and confidence as they learn, grow, and excel, both on and off the wall.**

All Dyno Climb Youth coaches are Safe Sport, CPR, & Belay Certified.

### RECREATIONAL CLUB PROGRAM

The Dyno Climb recreational climbing program offers youth climbers (6 – 15 years old) the opportunity to explore the sport of rock climbing. Certified coaches will guide students every step of the way as they build strength, coordination, and focus on and off the wall. While it is non-competitive in nature, recreational students will be invited and encouraged to compete in local competitions.

The Recreational class takes place twice a week, Tuesday (4:30 – 6:00pm) & Saturdays (10am – 11:30am)  
Although not required, students are encouraged to attend both weekly practices.

**\$70 + Monthly Membership EFT/month**

### COMPETITIVE TEAM PROGRAM

Competitive Team members will represent Dyno Climb in local and USA Climbing Competitions. Competitive athletes will build on their passion for climbing by working on body control, endurance, mental focus, and problem solving. Certified coaches will guide your athlete through the sport of Rock Climbing and introduce them to the different disciplines, advanced techniques, strength, and flexibility training.

**The competitive program is by invite only.**

**USA Climbing Membership required to compete in sanctioned competitions**

**Team members are required to attend weekly practices, Wednesday & Friday (5pm – 7pm)**

**\$80 + Monthly Membership EFT/month**

**Team Uniform - \$22.99 (One Shirt Provided)**

### ELITE COMPETITIVE TEAM

For the advanced athletes who are ready to take their climbing skills to the next level. Climbers must be consistently completing V4+ & 5.11 routes and are ready to spend considerable time learning to sport lead climb (rather than top roping) and bouldering, along with additional calisthenics strength and flexibility training. These committed climbers will be required to compete in climbing competitions, explore climbing outdoors, and look to a future with advanced climbing opportunities.

**Elite Team is by Invite only and requires USA Climbing Membership & Lead Belay Certification**

**Team members are required to attend weekly practices, Monday, Wednesday & Friday (5pm – 7pm)**

**\$85 + Monthly Membership EFT/month.**

**Team Uniform - \$22.99 (One Shirt Provided)**

## COMPETITION ENTRY FEES

USA Climbing memberships are required to compete in sanctioned competitions & the chance to qualify for regional and national championships.

**USAC Memberships are approximately \$115**  
**Local & In State Competitions are \$25 - \$100**  
**Regional & Divisional Competitions are \$100 - \$150**  
**National Championships are \$200 + \$50 per event**

\*Entry fees are estimations and subject to change based on the event host\*  
 Competition fees are due upfront at the time of entry.

### Prepare for additional travel expenses.

If the competition is 2+ hours away and the start time is early morning, you may want to reserve a hotel room for your athlete and family. This is optional, but highly recommended to avoid a possible late arrival and to help your athlete become better mentally and physically prepared.

### Skills Assessment

Skills Assessment is a prerequisite for anyone who wants to enter the Team Program. This will inform coaches of current skill levels and preexisting knowledge base so that they can recommend the appropriate Team or Club program to enroll in and the possible need to take the Youth Belay Skills Lesson. Youth climbers who already know that they would like to sign up for the Recreational climbing do not need to take a Skills Assessment.

**\$25 Per Assessment**

#### Youth Belay Skills

The Youth Belay Skills Class on Top Rope Belaying is a prerequisite for all Team members and an optional supplement for Recreational participants (12+ years old) who wish to Top Rope Belay.

While belay skills are honed and perfected during practices, the hard skills, safety double checks, and commands are learned outside of normal practice times so as not to detract from the ongoing group practice sessions. After this lesson, youth will be able to test out during regular practices and possibly get their Youth Belay Tag so they can belay with a back-up certified belayer coach.

**Free with Membership**

#### Private Lessons

For youth who want more one-on-one coaching to develop belay skills, conquer fears, break through on climbing ability level, hone technique, or get extra strength, power, or flexibility focus, Dyno Climb offers Individual Coaching Lessons.

Team participants can schedule these with the coach of their choice and at the time that works best for their schedule and are given member pricing on these private or semi-private lessons. Lessons are priced on a per-hour basis.

**\$60 Per Hour**

### DYNO CLIMB YOUTH SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURADAY
ELITE TEAM 5pm – 7pm	RECREATIONAL 4:30pm – 6pm	TEAM 5pm – 7pm	BELAY SKILLS 5pm – 6pm	TEAM 5pm – 7pm	RECREATIONAL 10am – 11:30am
					YOUTH YOGA 11:45 – 12:30



**USA Climbing is the national governing body of competition climbing in the United States.**

We promote three competition disciplines: bouldering, sport and speed climbing. The bouldering discipline happens every fall/winter, & the sport and speed climbing disciplines occur every spring/summer. USA Climbing receives sanctioning and is recognized by: The International Federation for Sport Climbing (IFSC - formerly known as the International Council for Competition Climbing or the ICC), the International Olympic Committee (IOC) and the United States Olympic Committee (USOC).

**BOULDERING**

**RED POINT**

In a redpoint competition, routes are available to the climbers at the start of the completion. Multiple attempts may be made on the routes over the duration of the competition, usually lasting 1-3 hours. Each route will have a point value that is only earned by reaching the top without falling. Competitors can pick and choose which routes to attempt after discussing them with their Coaches. Coaches give them advice or beta throughout the competition, but only on the ground and not while they're on the wall climbing. The competitor's scores are based on the points they earn by topping climbs. The number of attempts made may be used to break ties.

**ON SIGHT**

In an On Sight Competition, the climber attempts to successfully finish a route- without seeing other people climb it first, and without receiving any advice about the climb. In other words, you climb it on first sight.

There is sometimes a preview period for the competitors to view the climb from the ground and plan how they might solve difficult sections of the route.

After the preview period, the competitors return to an isolation area prior to their turn to climb, so that they aren't given the advantage of seeing others do it or getting further advice (beta).

Climbers have multiple attempts to complete the route, but they only receive 4-5 minutes to solve the problem. Scoring is completed by the number of tops and zone holds achieved during the competition and the number of attempts needed to reach those points.

**SPORT ROPE**

Sport climbing involves athletes attempting to climb as high as they can on a wall measuring more than 15m in height. Competition format may be Red Point or On Sight. Climbers in the categories YD and YC compete using a top rope. Climbers in the YB, YA, and YJr. categories will be required to lead climb.

With lead climbing, the climbers use safety ropes and clip the rope to quickdraws (equipment that allows the rope to run freely while leading) along the route. When a climber attaches their rope to the top quickdraw, they have completed the climb. In an On Sight competition, climbers are given 5-6 minutes to complete a climb. If a climber falls, the height/ hold number attained is recorded. There are no re-climbs. If two or more athletes complete the climb or reach the same height, the fastest to do so is declared the winner.

## SPEED

Speed climbing where athletes compete for the fastest time to the top of the route. The competition takes place on a standardized climbing wall with the same holds and configuration used each time for consistency across competition.

The wall for international competition is 15 meters (49 feet) high and has two climbing lanes that are each 3 meters (10 feet) wide. The wall must be overhanging at exactly 5 degrees and the wall surface is required to have a specific texture. The climbing route itself is always the same with the same holds made by a certified manufacturer. Even the timing system and belay methods are standardized.

## 2021 – 2022

### TENATIVE COMPETITION SCHEDULE

**Oct 9 – Dec 18:** Bouldering Qualification Season

**Jan 8 or 15:** Bouldering Regionals

**Feb 12 – 13 or Feb 19 – 20:** Bouldering Divisionals

**Jan 15 – Mar 26 :** Lead/Top Rope Qualification Season

**Apr 9 or 16:** Lead/Top Rope Regionals

**May 7 - 8 or Oct 14 - 15:** Lead/Top Rope Divisionals

**Oct 9 – May 15:** Speed Qualification Season

**Jun 17 – 19:** C & D Category Youth Climbing Festival

**Jul 8 – 17:** Youth National Championship

**Aug 22– 31:** Youth World Championship in the USA!

**Youth D currently does not compete in Nationals.**

### COMPETITION AGE GROUPS CATEGORIES

BIRTH YEAR	AGE GROUPS
2011 or later	Youth D
2009 or 2010	Youth C
2007 or 2008	Youth B
2005 or 2006	Youth A
2003 or 2004	Junior

**More information and additional resources regarding USA Competitive Climbing**

**USA CLIMNGING:** <https://usacimbing.org>

**REGION 71 FACEBOOK:** <https://www.facebook.com/groups/usayouthregion71>

**THE SHORT BETA:** <https://www.theshortbeta.com>

## HOW PARENTS CAN HELP THEIR ATHLETES SUCCEED

**Parents and Coaches working together help athlete's progress further.**

**Below are some suggestions from our coaching staff that focus on a positive mindset, and ways for parents and coaches to stay in communication.**

- All parents must check-in at the front desk if they will be observing the practice.
- In every sport, there will be rough days and competitions. Be there to support, encourage, and listen to your athlete without adding your own input. Focus on what they are doing well and help productively problem solve with them for solutions to overcome a rough day.
- Highlighting effort first and if celebrating an accomplishment, praise the effort they've put in to get them to that accomplishment rather than just the outcome.
- Encourage healthy eating habits. Pack nutritious snacks and ensure your athletes shows up to practice with healthy mind and body.
- Partner with coaches, ask questions to learn about the sport, what your athlete is working on and how you might support them. Speak with coaches if you have any concerns, changes, or questions. We are always happy to help!
- Get involved in Team events – whether it's volunteering at Dyno Climb events, USA Climbing competitions, or attending a Team potluck or Holiday celebration with your child.
- Read the monthly emails to stay in the loop about upcoming competitions, events, and other opportunities.

## WHAT TO EXPECT AT COMPETITIONS

### **Athlete Check-In**

The check-in times for On-Sight Competitions are strict.

Plan for traffic and time to find parking. Know your child's check-in time and their place in the running order. Often, there will be a specific drop-off area for competitors. Make sure your climber does not enter the spectator entrance, because seeing the routes before they compete will get them disqualified.

### **Sibling Climbers**

If you have sibling athletes with two different check-in times, remember that the child who climbs later will NOT be allowed to spectate during the earlier session.

### **Competitions are usually long, taking several hours**

Arrive to the venue 15 minutes early to locate coaches and prepare for competition. Not all competition venues will have concessions available, so plan accordingly with snacks and drinks for your family and athlete.

**During the competition, do not yell anything that could be considered beta** (Climbing advice) while your athlete is on the wall. This includes seemingly innocuous things like: "Breathe" or "Relax". Receiving beta about a climb is grounds for disqualification.

No physical contact, no passing of items (even water), no sign language, no direct communication with the climbers is allowed until they finish their routes.

**Cheer loud & cheer often but limit your word.**

## TEAM MEMBER RULES

- Team members must bring climbing shoes, a chalk bag with chalk, appropriate athletic attire with stretch, and a harness to all practices. Team members can rent shoes and harness if needed. Team members must show up to practice ready to work, with gear prepared, proper attire, and hair pulled back.
- All team members will adhere to a “shirts on policy” whether in practice or competition. This includes female athletes; sports bras must be covered by a shirt.
- Team uniforms are required for all competitions. Additional Raptors Competitive shirts can be purchased through Dyno Climb. Plain black athletic shorts or pants. Appropriate Text and or Designs may be approved by Team Coaches.
- No cell phone use during practice without permission from a coach.
- Snacks only during snack time with permission from a coach.
- Stay off the bouldering mats unless actively climbing and pay attention to your surroundings.
- Team members will do their best to arrive on time for practices and competitions, and to only miss practice when necessary.
- Team members will do their best to inform coaches if missing a practice and will notify the gym if they are running late or unable to attend.
- Team member’s communication and contact with each other will be supportive and encouraging.
- Team members will follow all other standard rules of the climbing gym.
- Athletes under 14 years of age are NOT permitted to climb alone without an adult present.

## ZERO TOLLERANCE

Our goal is to maintain a welcoming environment for all team members, staff, and community.

Discrimination, harassment, or bullying of any kind will not be tolerated, and will lead to disciplinary action which may include suspension or expulsion from the program.

In the event that a team member breaks these rules or fails to meet the expectations, coaches may elect to have them sit out of the activity/drill, eject the climber from practice, and contact the climber’s parents. This is entirely up to the discretion of the coach.

Disagreements may be brought to the Head Coach. In situations where team members repeatedly or egregiously fail to meet expectations laid out in this document, a conversation will be had with the climber and their parent(s) about remaining on the Climbing Team. A climber’s eligibility for the climbing team is entirely up to the Head Coach and Gym Director.

**DYNO CLIMB CLIMBER'S CREED**

I  
I  
I  
I  
I  
off  
I  
I  
I  
I  
I



will always try my best.  
will respect my coaches and parents.  
will listen to my body. Injuries are taken very seriously, but laziness is not an injury.  
will exhibit exemplary sportsmanlike conduct.  
will be respectful and supportive of my teammates on and the wall.  
will respect my gear; harnesses, ropes, and belay tools are lifelines, shoes and chalk bags are performance tools.  
will respect the gym and fellow climbers around me.  
will be a positive role model in my community in and out of Team.  
will have fun!

I, \_\_\_\_\_, have read and understand the expectations and policies required of me as a Dyno Climb Club or Competitive Team Member.

By signing below, I agree and understand the consequences that may occur if team rules are not followed.

If you agree to everything laid out in this handbook, please sign, and return this page to any member of the coaching staff.

Please keep the rest of the handbook as a reference throughout the year.

Climber's Name (print): \_\_\_\_\_

Climber's Signature: \_\_\_\_\_

Parent's Name (print): \_\_\_\_\_

Parent's Signature: \_\_\_\_\_